

THE

L O V E
M Y S E L F

2020 CHALLENGE

WELCOME TO THE LOVE MYSELF 2020 CHALLENGE

February is a month all about love! Whether you love your husband/wife, boyfriend/girlfriend, family, friends, pets, or even if it's pizza; we think it's time we all show ourselves love. Who is the we, you may be asking? This challenge was a collaboration with Katie at **Between The Lines**, Sam at **Here I Mum Again**, Morgan at **Chica Confident**, Ruth at **Colorful Hope**, Jessica at **Sweet & Spicy Essentials**, and me, Kelly, at **Budding Joy**.

In today's world self-love can be hard to have, believe me I struggle with it as well. That is exactly why we all need a challenge like this. If you truly participate in this challenge we believe by the end of it you'll start loving yourself, at least a little more. Whether you are in a relationship or not, this challenge is for you. We will also be talking about self-care during this month. While they seem similar these are two different things, but one of the best ways to show yourself love is to take care of you.



#LOVEMYSELF2020

WAYS TO PRACTICE SELF-CARE

In today's world self-care can be hard to define, and is very much misunderstood. Many people are quick to say that there is a right and a wrong way to practice self-care. So what is the right way to practice self-care? Is it brushing your hair after getting the energy to finally get out of bed? Is it a calm, relaxing bubble bath while you are doing a face mask? Is it listening to your favorite songs while coloring, or doing crafts?

If you answered all of the above, you are right. You see there is no right or wrong way to practice self-care. We are all different people, going through different life experiences. Who are we to judge if someone is doing self-care "the right way?" **Don't criticize** someone for posting a face mask selfie. That person may have been running around with errands and tasks all day long and is finally getting a few minutes of peace. **Acknowledge the person** who hasn't been able to get out of bed and is proud of themselves for getting dressed and ready for the day, no matter what time it is. They may be battling some heavy stuff and downplaying their version of self-care could make them feel worse.

You are going to find a list right below this paragraph. This list is composed of many different self-care activities. I'd like to think there is something for everyone on this list, but in case you have other ideas I've left space for you to add your own self-care activities. You'll also find a calendar in a few pages. **This is for you to track your self-care.** It's a blank calendar so that you can print it out each month to track your self-care all year long. No matter how busy or down you are, taking care of yourself is not only good for you,

unplug from social media
take a bath
bake your favorite treats/ or cook your favorite meal
meditate
read
do your favorite hobby
color
watch your favorite movie
put on your favorite song and dance around
brush your hair
take 10 deep breaths
take a nap
get together with loved ones and friends
journal
have an at home spa day

#LOVEMYSELF2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

#LOVEMYSELF2020

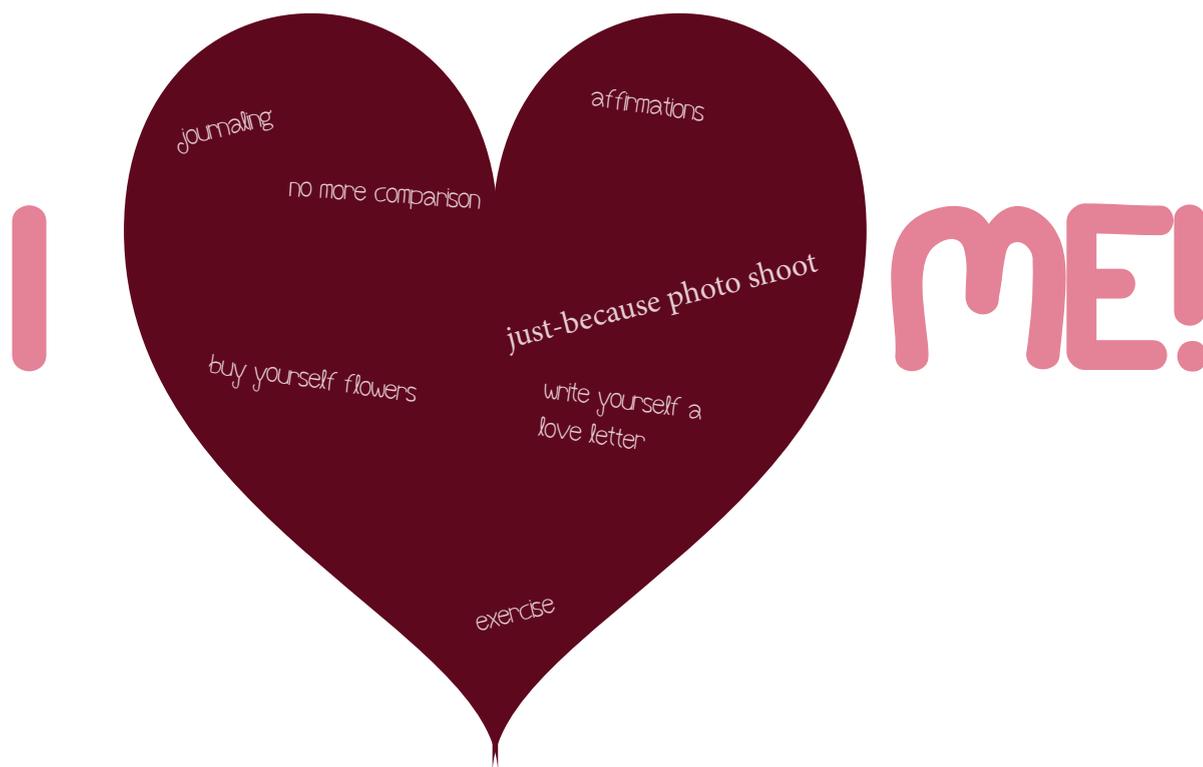
WAYS TO PRACTICE SELF-LOVE

I used to hate the phrase “You have to love yourself before anyone can love you.” I don’t know if it was a mixture of not fully understanding, or me deep down knowing that I didn’t love myself, and not want that to affect my future. Now I understand that phrase a lot better. Even though I still don’t love it, I *understand* the importance of the message and why it’s important.

Self-love is something I have always struggled with. I’ve only recently understood how this affects the relationships with my family and friends. Constant thoughts of “I’m not fun to be around” “No one likes me” “I’m not worthy of love,” and countless others are always circling through my mind. These thought are not because of anything anyone has said to me, **it’s a reflection of how I feel about myself.** That’s how I am starting to see that you have to love yourself first. However I want to rephrase the statement.

The way I see it, you have to **love yourself first** to *allow* others to love you as well.

So how do we begin to love ourselves? I’m still on this journey, so I can tell you it can be hard, but I know it will be worth it. Here are some activities that can help us on the journey to self-love. Like on the page before, I’ve left space so that you can write your ideas as well.



#LOVEMYSELF2020

WHY JOURNALING?

Now that we know what self-care and self-love is, let's get to the challenge! All month long we are going to put in the work to really get to know, and love, ourselves again. We will be doing this through several ways, the main one being journaling.

You may be asking yourself, why journaling? Well if you go back to those previous pages, the one activity they had in common was journaling. That's right, creating a journaling practice will benefit you in both areas, so that's what we are doing.

Each day we will have a journal prompt to write about. These prompts are a mixture of questions, lists to make, and even activities. We've provided you with the journal pages right here, but you are also welcome to write in whatever you want. At the end of each week we will look back on all we've worked through during the week. While you can certainly do this in private, we would love to hear what you are learning. If you'd like to share, you can do this on social media (in video or photo form) by using #lovemyself2020. The great thing about sharing is that you can invite your friends to join the challenge!

Anyone can jump into the challenge at any time!



#LOVEMYSELF2020

NOTE FROM THE BLOGGERS

Hey y'all! My name is Kelly and I'm the blogger behind Budding Joy. I don't know about you, but I really need this challenge myself. Self-love and self-care are hard sometimes when you don't feel worthy of it, are busy, or even having a bad day. I've discovered that is when we need it the most.

On behalf of Jessica, Sam, Morgan, Ruth, Katie, and myself, we sincerely hope that you enjoy the Love Myself 2020 Challenge, just as much as we enjoyed creating it. Whether you participate for just a few days, or hang out with us all month long, I want to say thank you! I've never created a challenge to this magnitude before, and I'm happy I got to experience it with you all.

The great thing about this challenge is that, even though it's themed around February, you can come back to it at any time. We hope this can continue to be a resource to you whenever you need it.

Don't forget to connect with us, if you haven't already, and let us know if you are enjoying the challenge.

Kelly:
Facebook & Instagram
@kelly.c.creates
Pinterest:
@kellyccreates

Ruth:
Facebook & Instagram
@colourfulhopeblog
Pinterest: @colourfulhope

Katie:
Instagram @betweenthelinesblogg

Sam:
Facebook, Instagram &
Pinterest: @HereIMumAgain

Morgan:
Instagram, TikTok &
Pinterest: @chicaconfident
YouTube: Morgan Tyner

Jessica:
Facebook & Instagram
@sweetandspicyessentials
Pinterest: @jzica

#LOVEMYSELF2020

29 DAYS OF JOURNAL PROMPTS

1. Why do you struggle with self-love or self-care?
2. Write an uplifting letter to a friend who is struggling with self-love and not feeling good enough.
3. Go back to your response from yesterday and read it as if it's a letter to you. Why do you think it's easier to say these things to someone else, but harder to believe it's true about yourself?
4. Write down 5 things you love about yourself. If you can't think of five, ask your friends and family what they love about you. Don't leave it there though! Take their responses and meditate on them. Truly believe what they are saying they love about you.
5. Repeat the affirmation "I love and accept myself" today at least once every hour. At the end of the day describe what this task was like for you.
6. Go to the Mantras list and select a mantra or several mantras. Add it to your "I am" board. Write about how you can use it when you are feeling unmotivated or down.
7. What 5 ways can you prioritise Self Care and Self Love in your Daily Schedule?
8. Write down every negative thought you have today, then replace it with a positive one.
9. Sometimes the best form of self-care is saying no, or letting go of something or someone. What do you need to let go of, or say no to, today?
10. How do you treat yourself? Do you buy little "happies" for yourself as a personal "thank you!" for all your hard work?! These little gifts are well-earned.
11. What 10 Things are you really good at?
12. Write a gratitude list of all the things you are grateful for. Big things like family, health etc normally come easily but really think about all the little things which bring you joy and that make you thankful.
13. Reading can bring great joy and insight into oneself. Write down a few titles you'd like to read this month and commit to reading them.
14. Single or not, list three activities you can do today to show yourself some love, then go out and do them.

29 DAYS OF JOURNAL PROMPTS

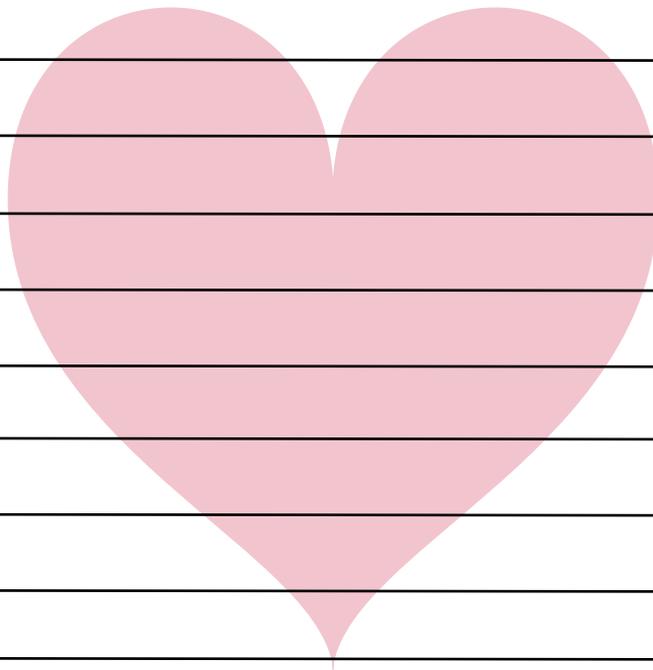
15. Find and listen to a self love/self care podcast today. Write down what you learned for/about yourself.
16. What's a big goal you have for this year that's totally for yourself & your own self-love?
17. What's something new you are learning that's allowing you to more deeply understand yourself?
18. Listen to the self-love playlist today ([link to playlist](#)). What is your favorite song from this playlist? Why do you like it and what message do you get when listening to it?
19. What do you want more of in your life?
20. What's something you've accomplished this month (personally, professionally, both) that you are truly proud of that genuinely reflects your own unique-self?
21. Write 15 compliments you could give yourself.
22. What's Standing in the way of your happiness and what can you do to fix this? (positive thoughts only!)
23. Write a positive letter to your future self.
24. What are 5 good habits you could start practicing next month?
25. Today we are going to do an activity. Create your own emergency self-care kit. Then write about what you included in it and why. Keep it somewhere close where you can easily access it on the hard days.
26. Revisit that 5 things I love about myself list from day 4. Are there any other qualities and traits that you'd like to add after completing the majority of this challenge?
27. How has this challenge impacted you this month? What have you learned about the topic of self-love and about yourself?
28. How do you plan to actively continue prioritizing self-care and self-love not only in February, but throughout the entire 2020 year (and on)?
29. How do you plan to "leap" forward through the year, and make every month a great month?

#LOVEMYSELF2020

DAY 1: WHY DO YOU STRUGGLE WITH SELF-LOVE OR SELF-CARE?

* Let us know you are participating in the challenge by posting a selfie. Don't forget to put #lovemyself2020 in the caption.

Daily Mantra: I am grateful for my life.

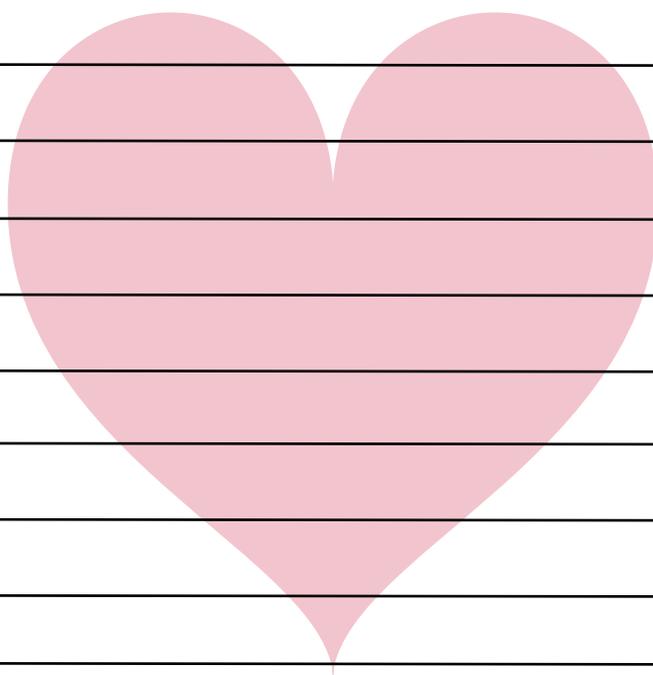


#LOVEMYSELF2020

DAY 2: WRITE AN UPLIFTING LETTER TO A FRIEND WHO IS STRUGGLING WITH SELF-LOVE AND NOT FEELING GOOD ENOUGH.

* Check out today's blog post from Kelly at budding-joy.com for some healthy Valentine's Day treats.

Daily Mantra: Everything I need is within me.

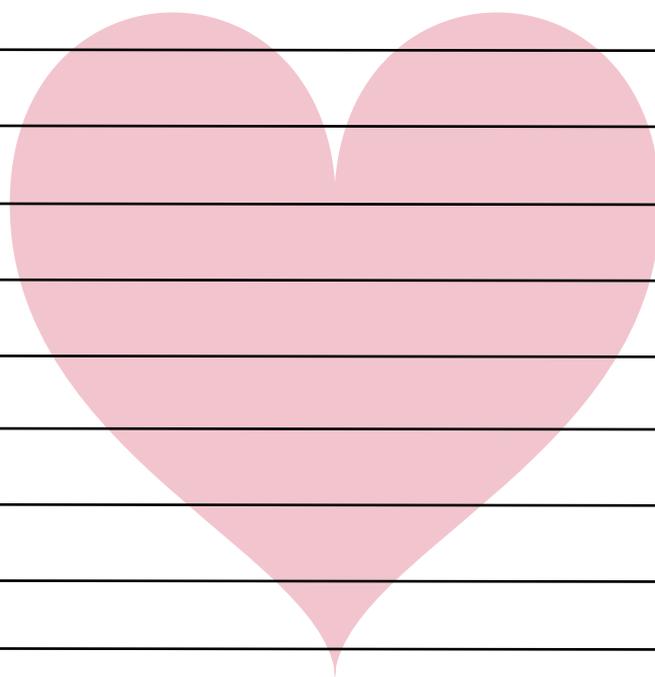


#LOVEMYSELF2020

DAY 3: GO BACK TO YOUR RESPONSE FROM YESTERDAY AND READ IT AS IF IT S A LETTER TO YOU. WHY DO YOU THINK IT S EASIER TO SAY THESE THINGS TO SOMEONE ELSE, BUT HARDER TO BELIEVE IT S TRUE ABOUT YOURSELF?

* Check out today's blog post from Sam at hereimumagain.co.uk to learn how goal setting and self-care/self-love relate.

Daily Mantra: I am worthy of all the blessings coming my way.





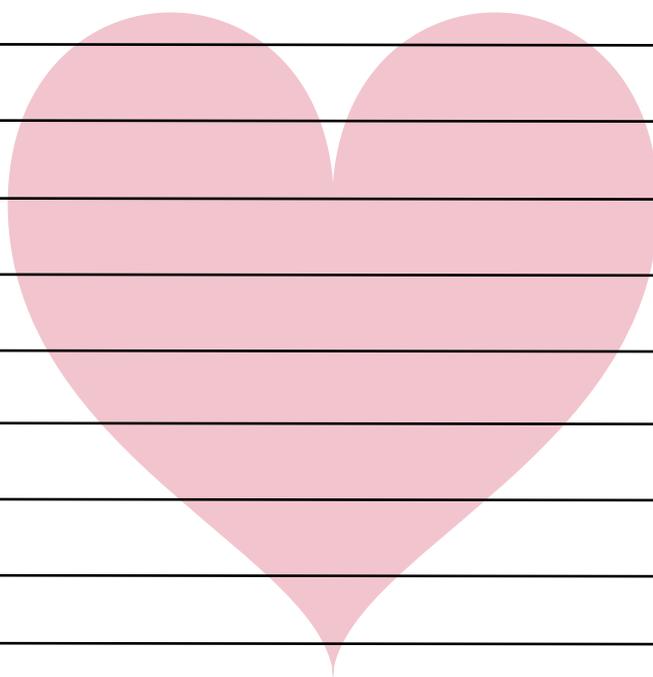
*"Self-care is
giving the
world the
best of you,
instead of
what's left of
you."*

Katie Reed

DAY 4: WRITE DOWN 5 THINGS YOU LOVE ABOUT YOURSELF. IF YOU CAN'T THINK OF FIVE, ASK YOUR FRIENDS AND FAMILY WHAT THEY LOVE ABOUT YOU. DON'T LEAVE IT THERE THOUGH! TAKE THEIR RESPONSES AND MEDITATE ON THEM. TRULY BELIEVE WHAT THEY ARE SAYING THEY LOVE ABOUT YOU.

* Check out today's blog posts from **Kelly at budding-joy.com** and Morgan at **chicaconfident.com**.

Daily Mantra: Your life is as good as your mindset.

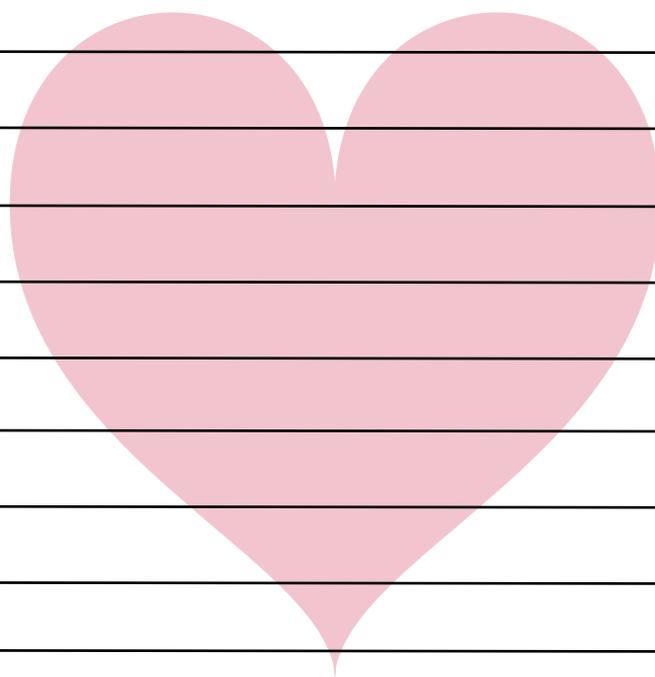


#LOVEMYSELF2020

DAY 5: REPEAT THE AFFIRMATION I LOVE AND ACCEPT MYSELF TODAY AT LEAST ONCE EVERY HOUR. AT THE END OF THE DAY DESCRIBE WHAT THIS TASK WAS LIKE FOR YOU.

* Check out today's blog posts from Ruth at colourfulhope.co.uk and Jessica at sweetandspicyessentials.com.

Daily Mantra: I will not let my worry control me.

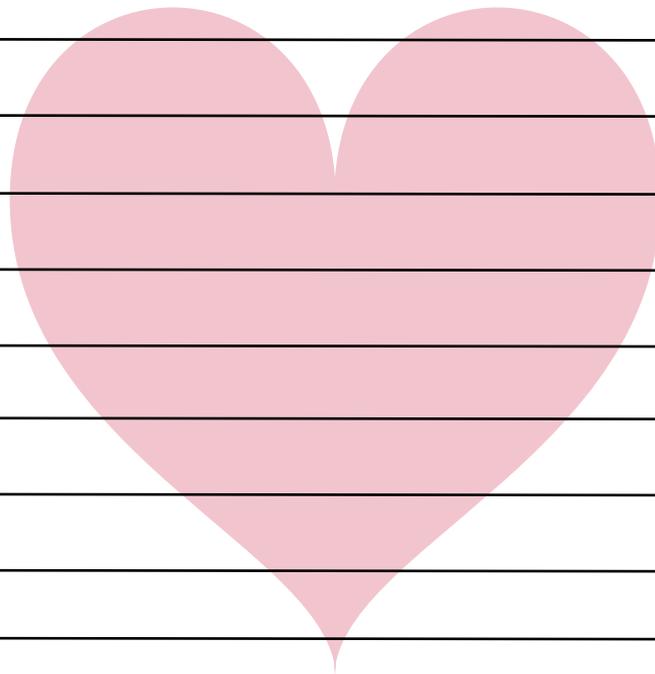


#LOVEMYSELF2020

DAY 6: GO TO THE [MANTRAS LIST](#) AND SELECT A MANTRA OR SEVERAL MANTRAS. ADD IT TO YOUR I AM BOARD. WRITE ABOUT HOW YOU CAN USE IT WHEN YOU ARE FEELING UNMOTIVATED OR DOWN.

* Check out today's blog post from Katie at katiealexanderblogs.com to find tips on how to destress.

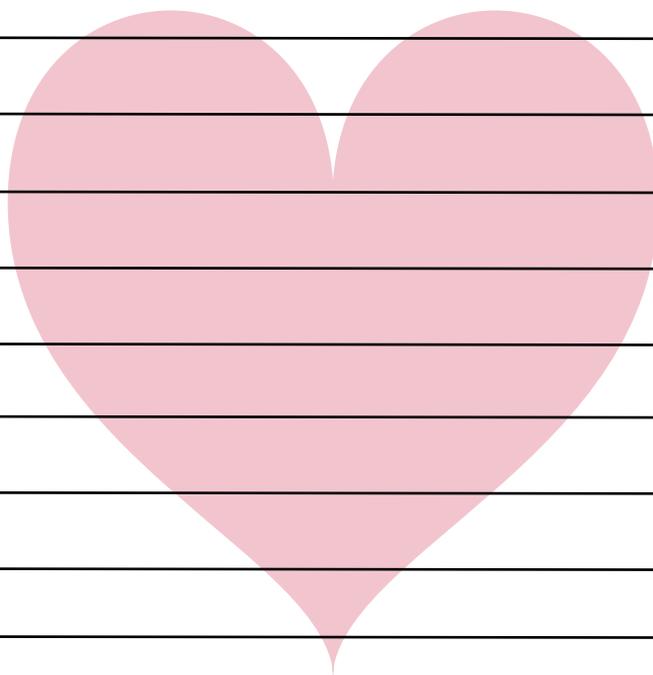
Daily Mantra: My body is filled with healing energy.



DAY 7: WHAT 5 WAYS CAN YOU PRIORITISE SELF-CARE AND SELF-LOVE IN YOUR DAILY SCHEDULE?

* Check out today's blog post from Jessica at sweetandspicyessentials.com to find some stretching resources.

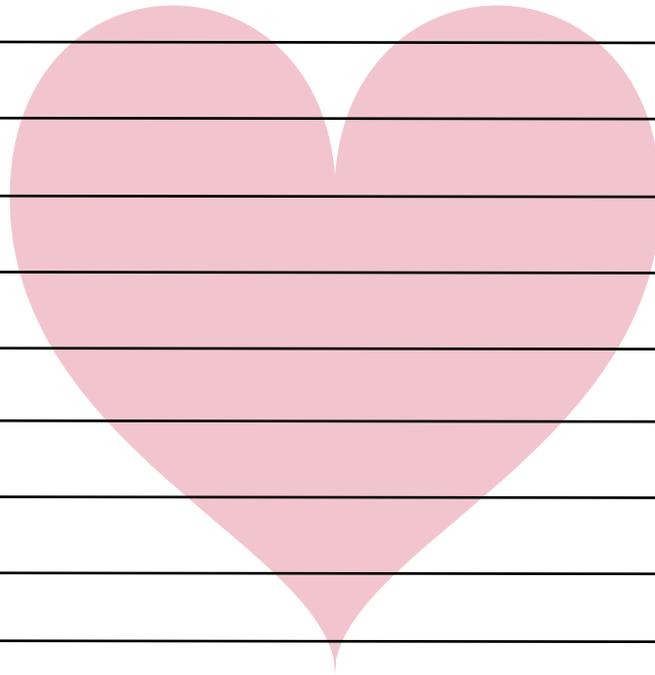
Daily Mantra: I am a product of my decisions.



#LOVEMYSELF2020

WEEK 1 RECAP

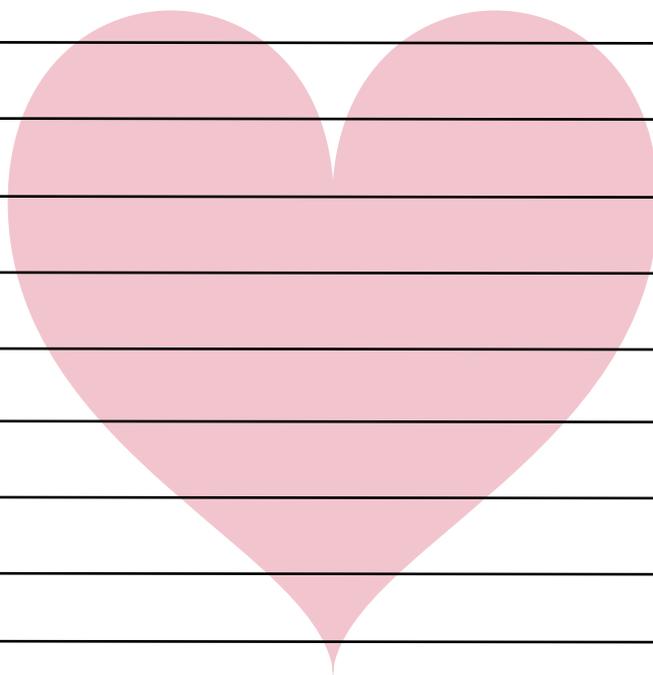
Use this space to reflect on what you learned this week, then check out what we learned. If you feel like sharing on social media via photo, or even video, be sure to tag us so we can see!



DAY 8: WRITE DOWN EVERY NEGATIVE THOUGHT YOU HAVE TODAY, THEN REPLACE IT WITH A POSITIVE ONE.

* It's the start of week two! Check out today's blog post from Jessica at sweetandspicyessentials.com She's sharing her thoughts from last week and going over this week's prompts.

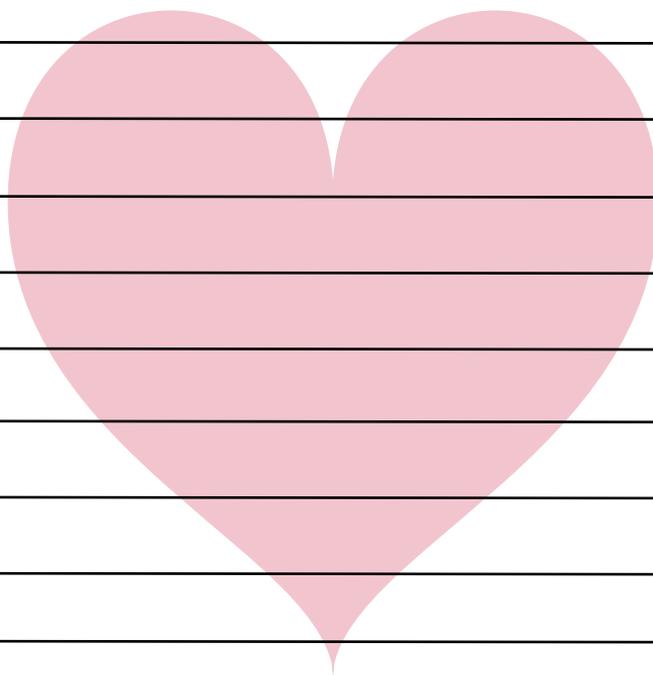
Daily Mantra: I release all habits which are dis-empowering.



DAY 9: SOMETIMES THE BEST FORM OF SELF-CARE IS SAYING NO, OR LETTING GO OF SOMETHING OR SOMEONE. WHAT DO YOU NEED TO LET GO OF, OR SAY NO TO, TODAY?

* Check out today's blog posts from Kelly at budding-joy.com and Sam at hereimumagain.co.uk

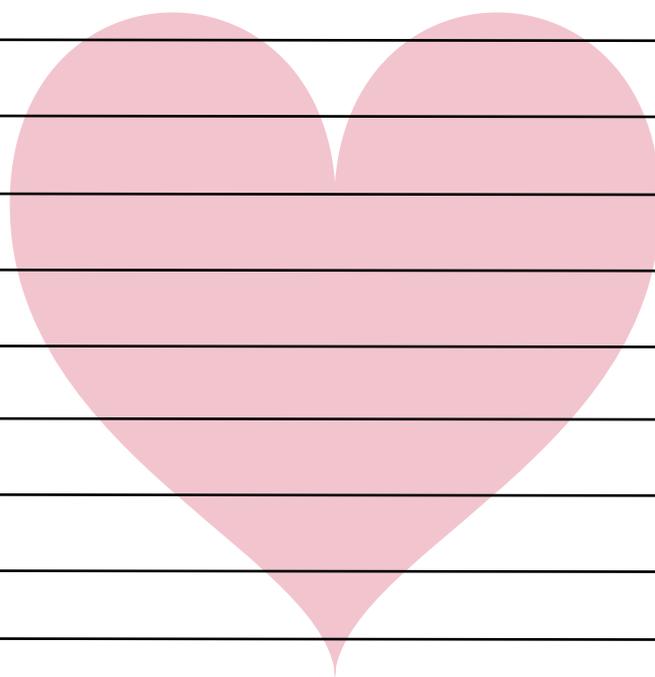
Daily Mantra: I am worthy and enough just as I am.



DAY 10: HOW DO YOU TREAT YOURSELF? DO YOU BUY LITTLE HAPPIES FOR YOURSELF AS A PERSONAL THANK YOU! FOR ALL YOUR HARD WORK?! THESE LITTLE GIFTS ARE WELL-EARNED.

* Check out today's blog post from Jessica at sweetandspicyessentials.com for tips about meal-prepping as a self-care benefit.

Daily Mantra: I choose calm over anxiety.



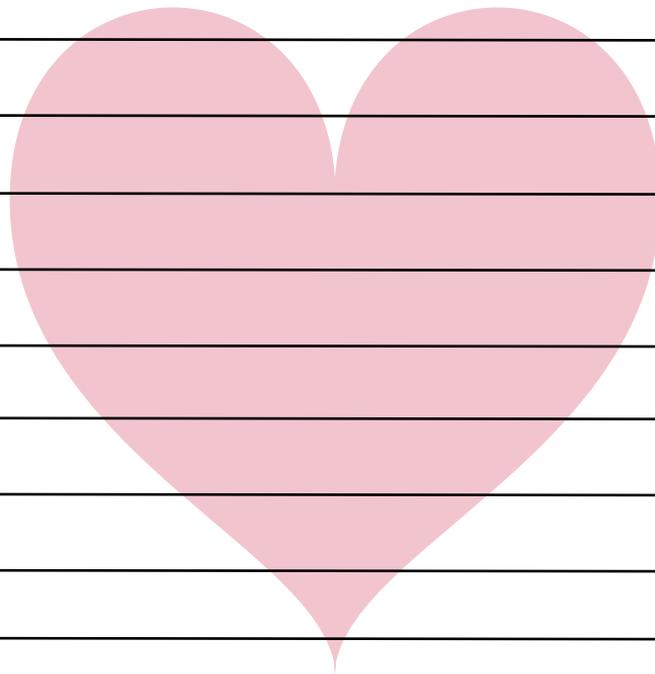
"The love and attention you always thought you wanted from someone else, is the love and attention you first need to give yourself."

Bryant McGillns

DAY 11: WHAT 10 THINGS ARE YOU REALLY GOOD AT?

* Check out today's blog post from Kelly at budding-joy.com for tips on getting through Valentines day when you are single.

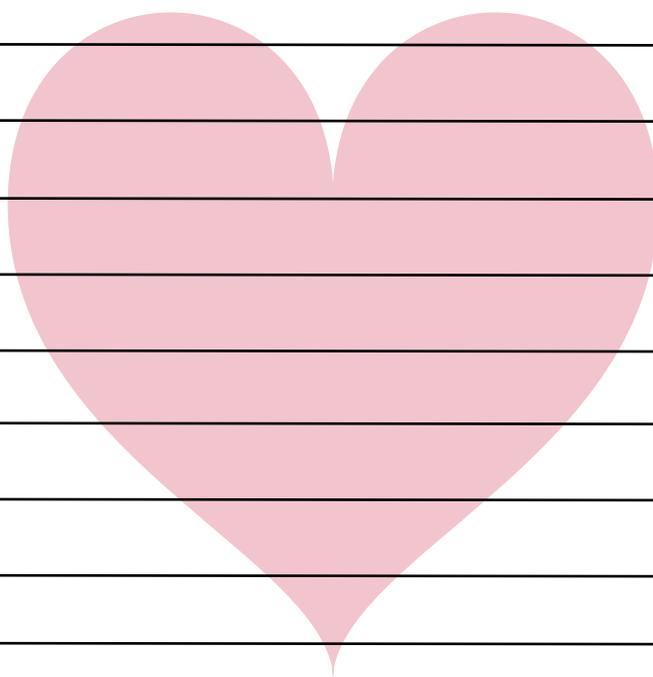
Daily Mantra: I will master my thoughts.



DAY 12: WRITE A GRATITUDE LIST OF ALL THE THINGS YOU ARE GRATEFUL FOR. BIG THINGS LIKE FAMILY, HEALTH ETC NORMALLY COME EASILY BUT REALLY THINK ABOUT ALL THE LITTLE THINGS WHICH BRING YOU JOY AND THAT MAKE YOU THANKFUL.

* Check out today's blog post from Ruth at colourfulhope.co.uk for tips about dating when you struggle with mental health.

Daily Mantra: Stop wishing, start doing.

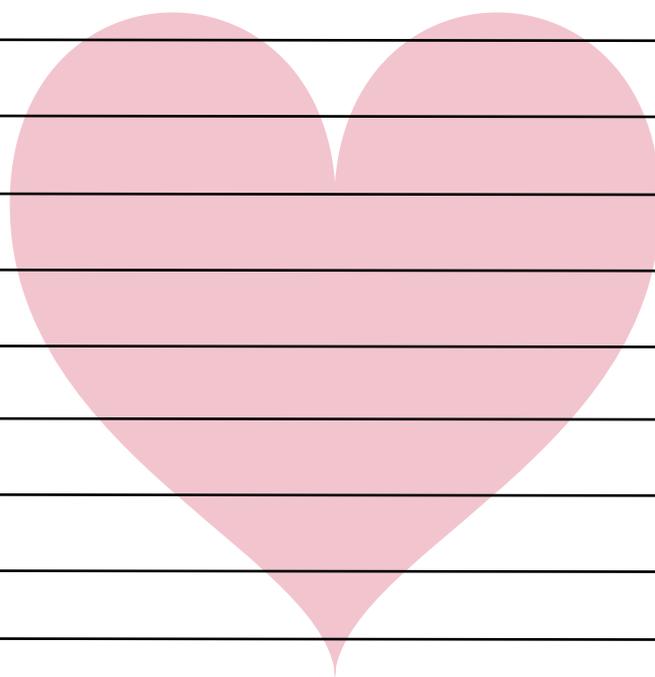


#LOVEMYSELF2020

DAY 13: READING CAN BRING GREAT JOY AND INSIGHT INTO ONESELF. WRITE DOWN A FEW TITLES YOU'D LIKE TO READ THIS MONTH AND COMMIT TO READING THEM.

* Check out today's blog post from Katie from katiealexanderblogs.com for tips on loving yourself first.

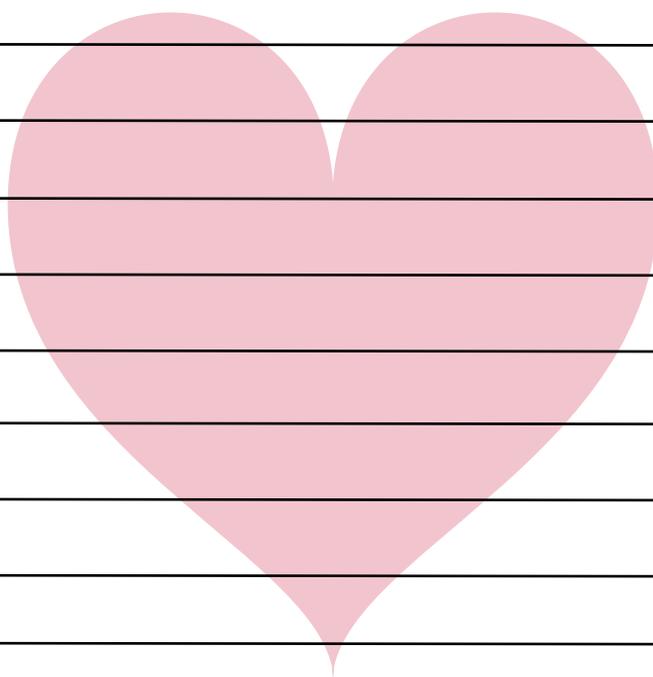
Daily Mantra: Yesterday is heavy, put it down.



DAY 14: SINGLE OR NOT, LIST THREE ACTIVITIES YOU CAN DO TODAY TO SHOW YOURSELF SOME LOVE, THEN GO OUT AND DO THEM.

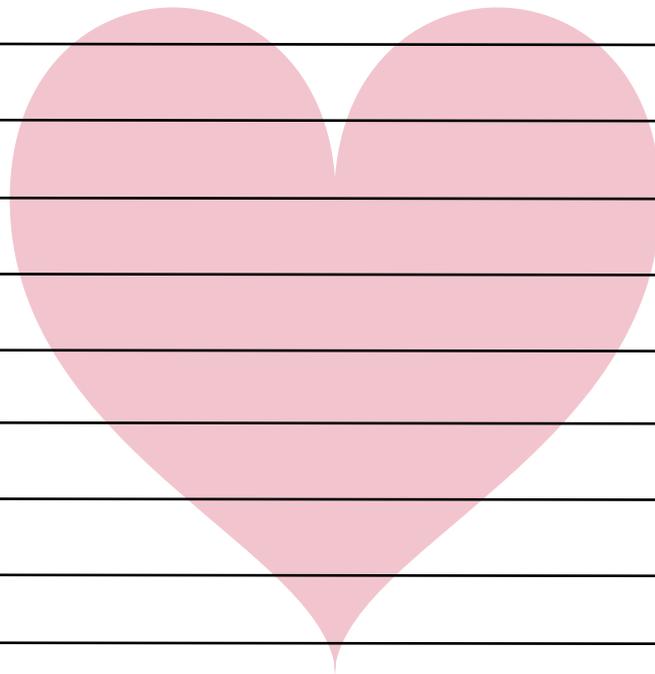
* Check out today's blog post from Morgan at chicaconfident.com to find out how loving yourself can help you better love others.

Daily Mantra: I have the power to control my thoughts.



WEEK 2 RECAP

Use this space to reflect on what you learned this week, then check out what we learned. If you feel like sharing on social media via photo, or even video, be sure to tag us so we can see!



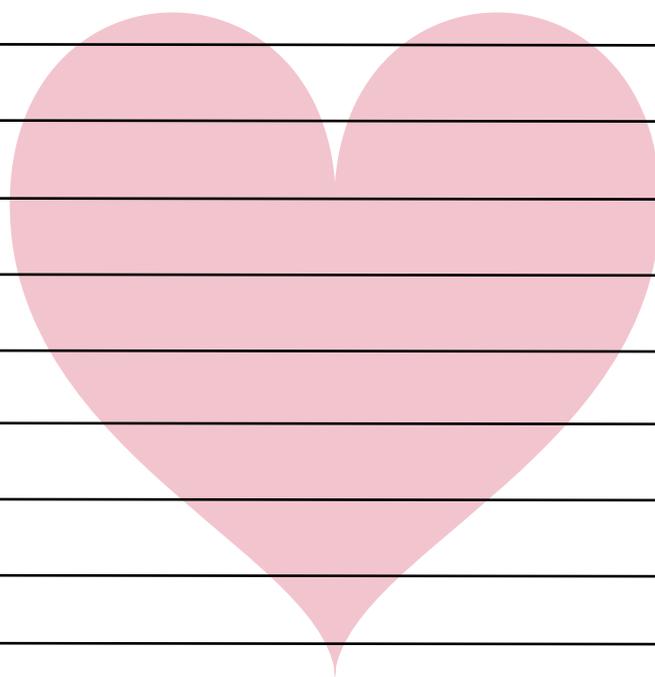
#LOVEMYSELF2020

DAY 15: FIND AND LISTEN TO A SELF-LOVE/SELF-CARE PODCAST TODAY. WRITE DOWN WHAT YOU LEARNED FOR/ABOUT YOURSELF.

* It's the start of week three! Check out today's blog post from Ruth at colourfulhope.co.uk She's sharing her thoughts from last week and going over this week's prompts.

Be sure to also check out today's blog post from Sam at hereimumagain.co.uk for tips on self-acceptance and confidence.

Daily Mantra: I am confident I can achieve any goal.

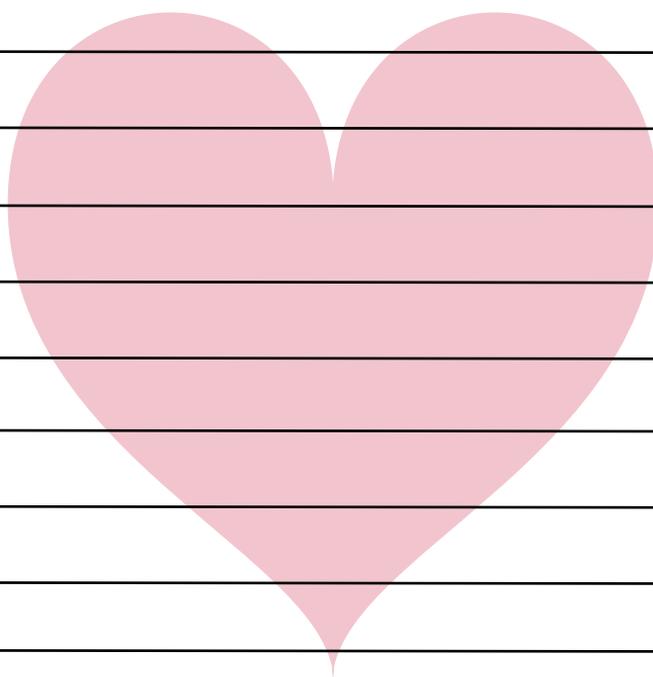


#LOVEMYSELF2020

DAY 16: WHAT'S A BIG GOAL YOU HAVE FOR THIS YEAR THAT'S TOTALLY FOR YOURSELF & YOUR OWN SELF-LOVE?

* Check out today's blog post from Kelly at budding-joy.com, and a bonus **YouTube video** from Morgan.

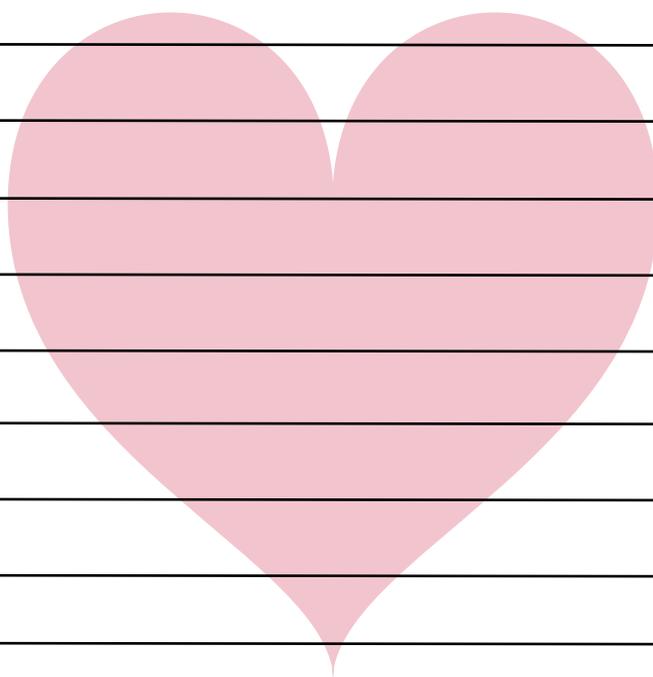
Daily Mantra: I am releasing self judgement and embracing self-love.



DAY 17: WHAT'S SOMETHING NEW YOU ARE LEARNING THAT'S ALLOWING YOU TO MORE DEEPLY UNDERSTAND YOURSELF?

* Check out today's blog post from Jessica at sweetandspicyessentials.com for tips on using essential oils and yoga for self-care.

Daily Mantra: I am at peace with my past.





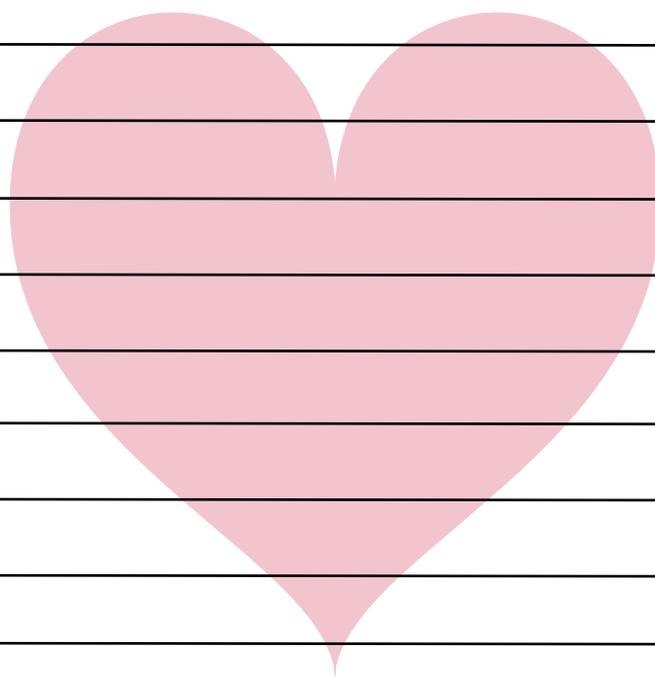
*"The real
difficulty is
to overcome
how you
think about
yourself."*

Maya Angelou

**DAY 18: LISTEN TO THE SELF-LOVE PLAYLIST ON SPOTIFY TODAY.
WHAT IS YOUR FAVORITE SONG FROM THIS PLAYLIST? WHY DO YOU
LIKE IT AND WHAT MESSAGE DO YOU GET WHEN LISTENING TO IT?**

* Check out today's blog posts from Sam at hereimumagain.co.uk and Kelly from budding-joy.com.

Daily Mantra: I am resilient, smart and brave.

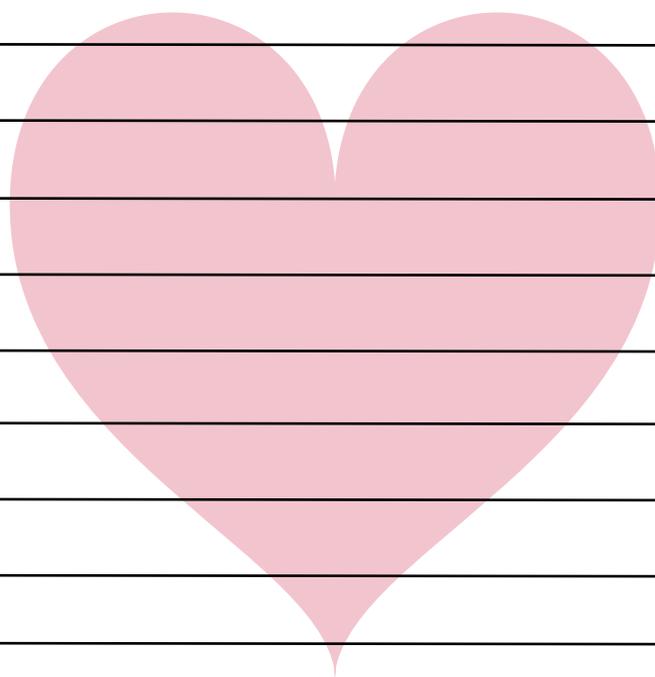


#LOVEMYSELF2020

DAY 19: WHAT DO YOU WANT MORE OF IN YOUR LIFE?

* Check out today's blog post from Ruth at colourfulhope.co.uk to get tips on how to love and care for yourself.

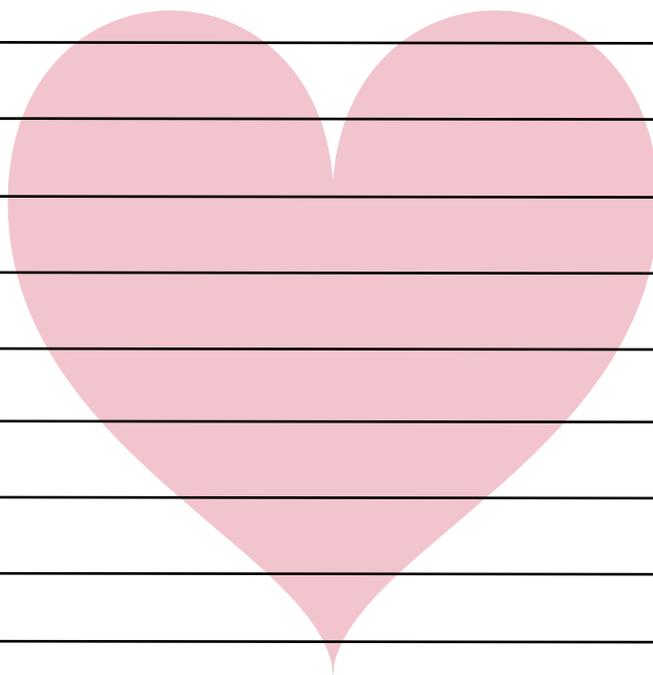
Daily Mantra: I choose to be happy right now.



DAY 20: WHAT'S SOMETHING YOU'VE ACCOMPLISHED THIS MONTH (PERSONALLY, PROFESSIONALLY, BOTH) THAT YOU ARE TRULY PROUD OF THAT GENUINELY REFLECTS YOUR OWN UNIQUE-SELF?

* Check out today's blog post from Katie at katiealexanderblogs.com as she shares her self-care and mental health journey.

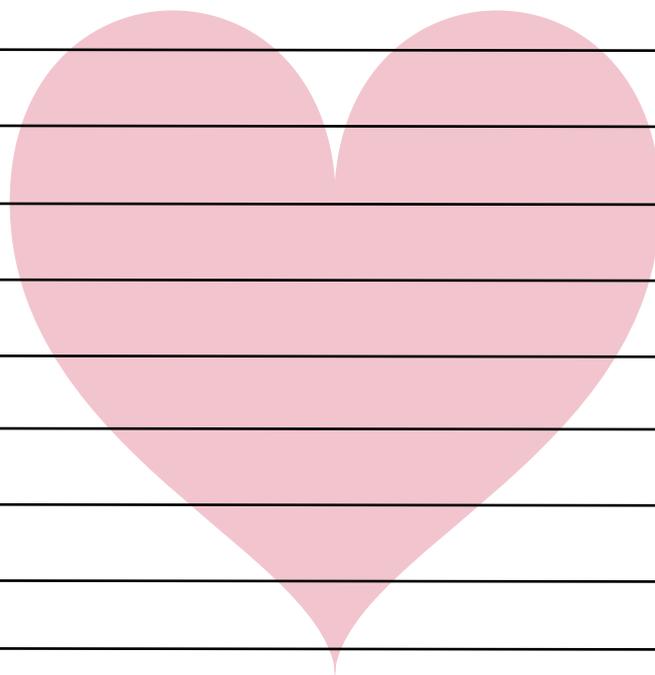
Daily Mantra: By being myself I bring happiness to others.



DAY 21: WRITE 15 COMPLIMENTS YOU COULD GIVE YOURSELF.

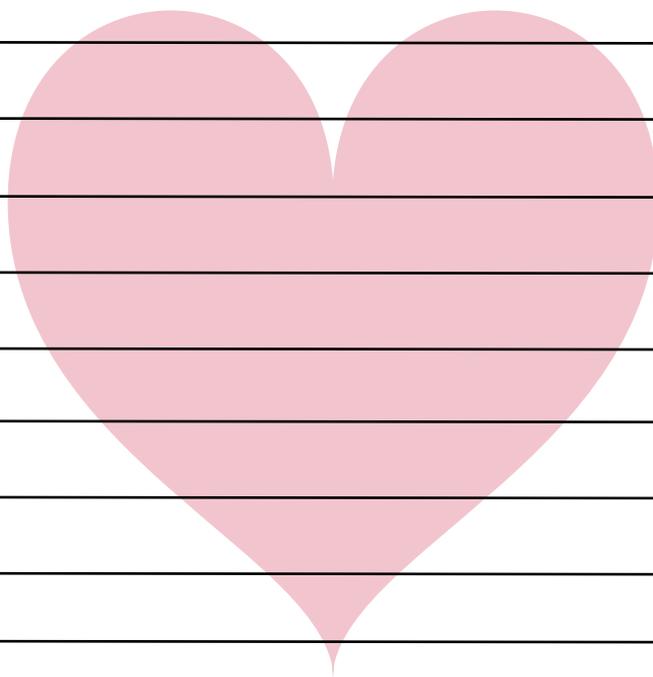
* Check out today's blog post from Morgan at chicaconfident.com for tips about finding your voice as a blogger or content creator.

Daily Mantra: I am letting go of all that no longer serves me.



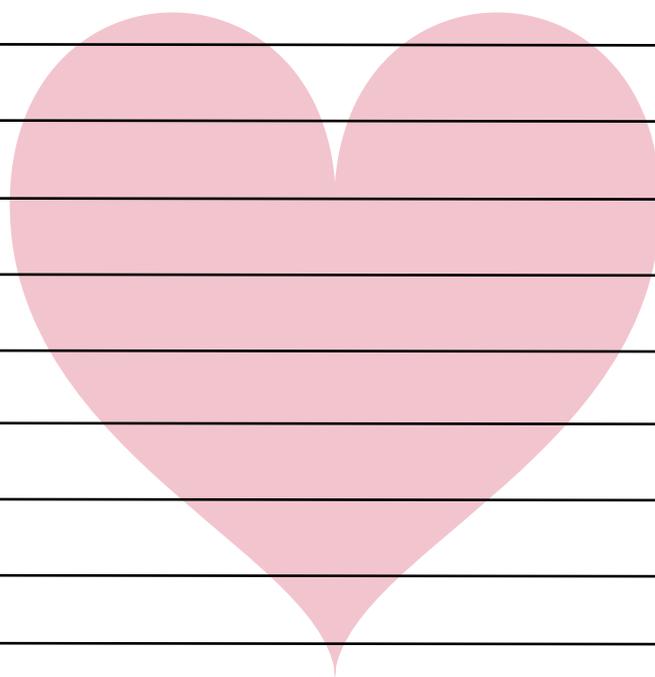
WEEK 3 RECAP

Use this space to reflect on what you learned this week, then check out what we learned. If you feel like sharing on social media via photo, or even video, be sure to tag us so we can see!



DAY 23: WRITE A POSITIVE LETTER TO YOUR FUTURE SELF.

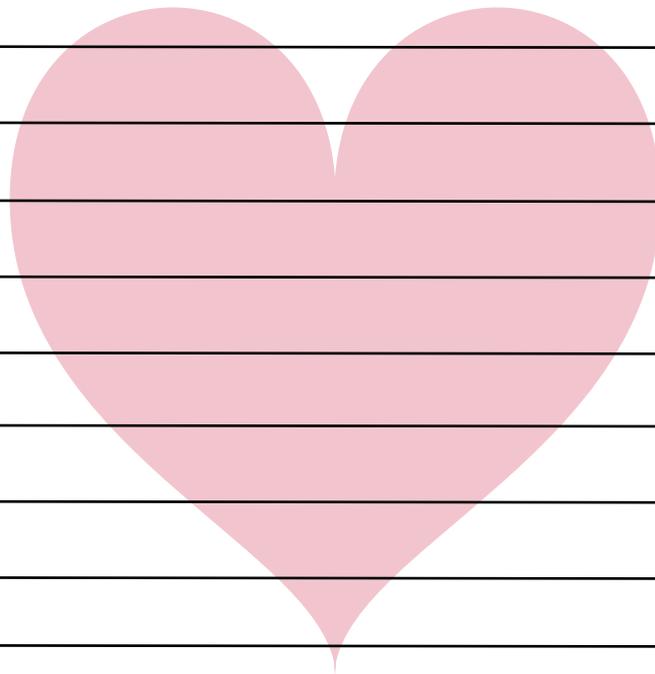
* Check out today's blog post from Kelly at budding-joy.com as she shares her book recommendations about self-love.



#LOVEMYSELF2020

DAY 24: WHAT ARE 5 GOOD HABITS YOU COULD START PRACTICING NEXT MONTH?

* Check out today's blog post from Sam at [hereimumagain.co.uk](https://www.hereimumagain.co.uk) as she talks about the importance of self-care boxes.



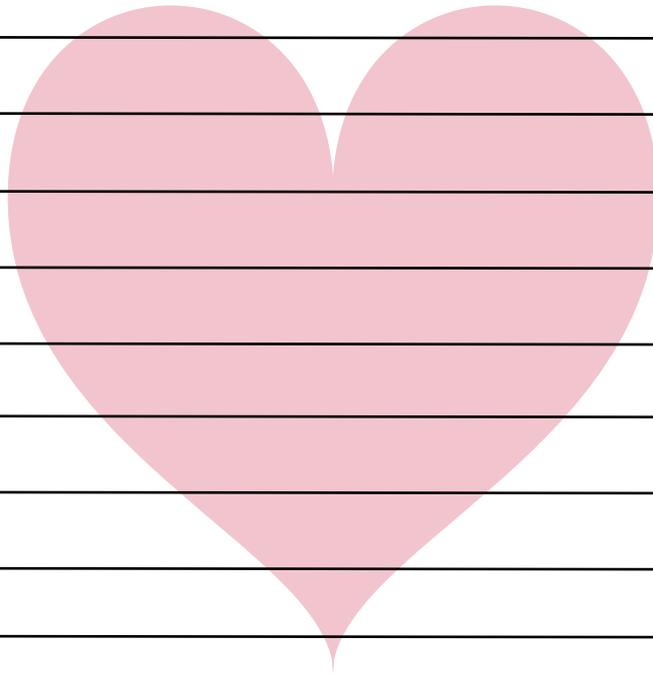


*"Talk to
yourself
like you
would
someone
you love."*

Brené Brown

DAY 25: TODAY WE ARE GOING TO DO AN ACTIVITY. CREATE YOUR OWN EMERGENCY SELF-CARE KIT. THEN WRITE ABOUT WHAT YOU INCLUDED IN IT AND WHY. KEEP IT SOMEWHERE CLOSE WHERE YOU CAN EASILY ACCESS IT ON THE HARD DAYS.

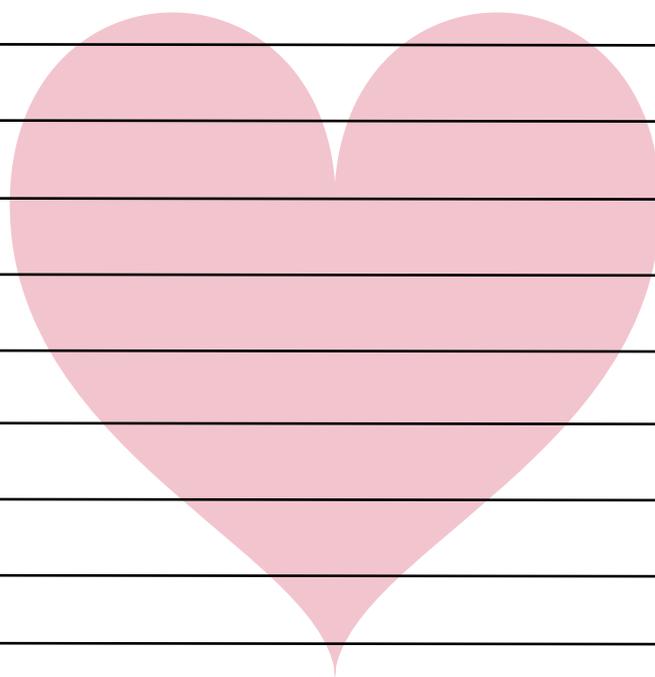
* Check out today's blog post from Kelly at budding-joy.com to find out how to incorporate self-care when it's hard.



#LOVEMYSELF2020

DAY 26: REVISIT THAT 5 THINGS I LOVE ABOUT MYSELF LIST FROM DAY 4. ARE THERE ANY OTHER QUALITIES AND TRAITS THAT YOU'D LIKE TO ADD AFTER COMPLETING THE MAJORITY OF THIS CHALLENGE?

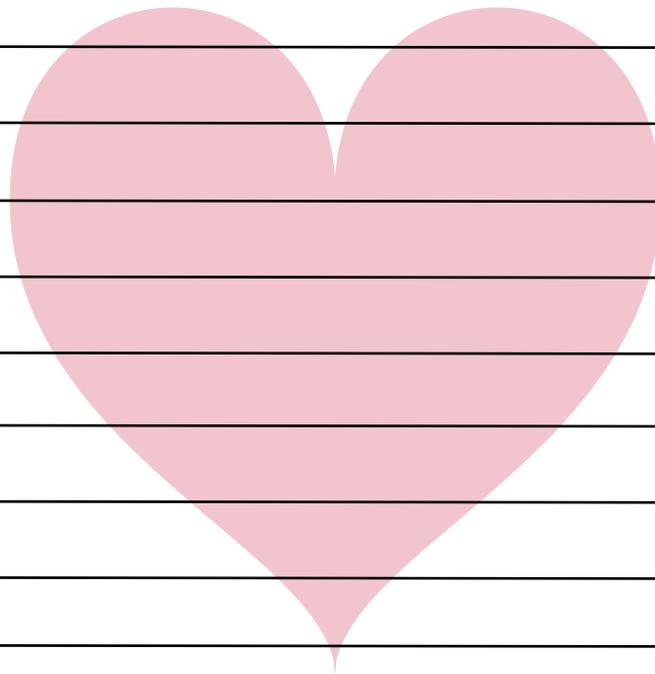
* Check out today's blog post by Ruth at colourfulhope.co.uk as she gives tips on creating a self-care routine.



#LOVEMYSELF2020

DAY 27: HOW HAS THIS CHALLENGE IMPACTED YOU THIS MONTH? WHAT HAVE YOU LEARNED ABOUT THE TOPIC OF SELF-LOVE AND ABOUT YOURSELF?

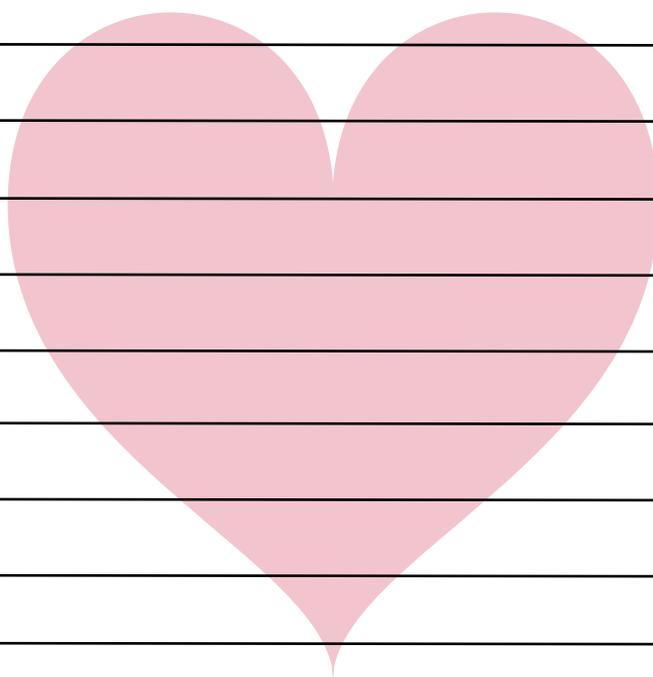
* Check out today's blog post by Katie at katiealexanderblogs.com for some happiness-boosting activities



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DAY 28: HOW DO YOU PLAN TO ACTIVELY CONTINUE PRIORITIZING SELF-CARE AND SELF-LOVE NOT ONLY IN FEBRUARY, BUT THROUGHOUT THE ENTIRE 2020 YEAR (AND ON)?

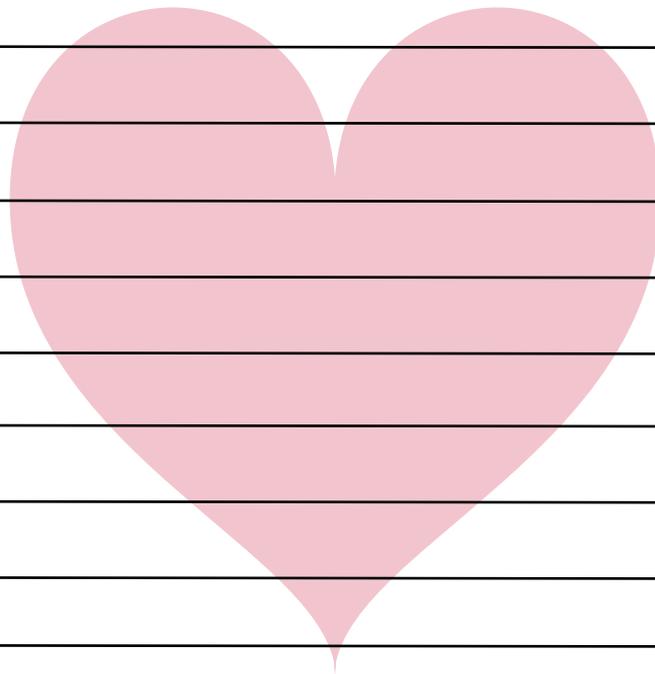
* Check out today's blog post by Morgan at chicaconfident.com as she gives you tips on how to continue your self-love journey.



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DAY 29: HOW DO YOU PLAN TO "LEAP" FORWARD THROUGH THE YEAR, AND MAKE EVERY MONTH A GREAT MONTH?

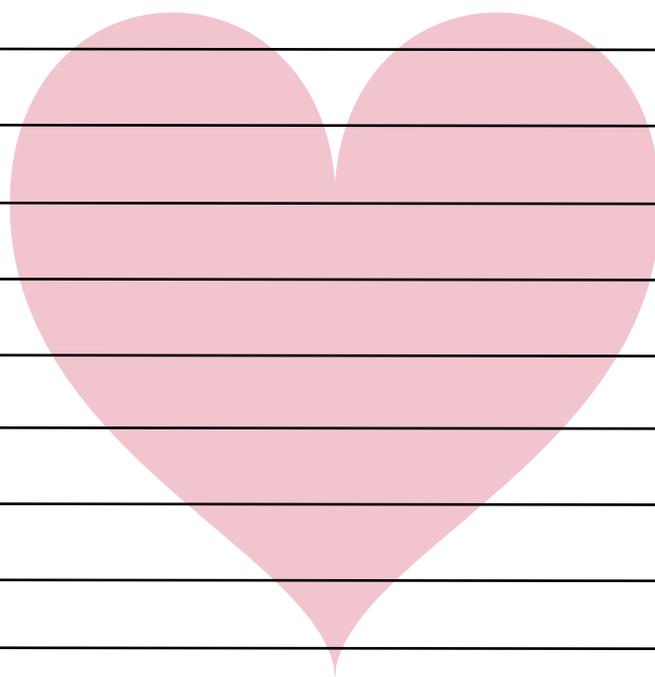
* It's the last day of the Love Myself 2020 challenge. Kelly is going to close us out at budding-joy.com by recapping the challenge and sharing how it impacted her.

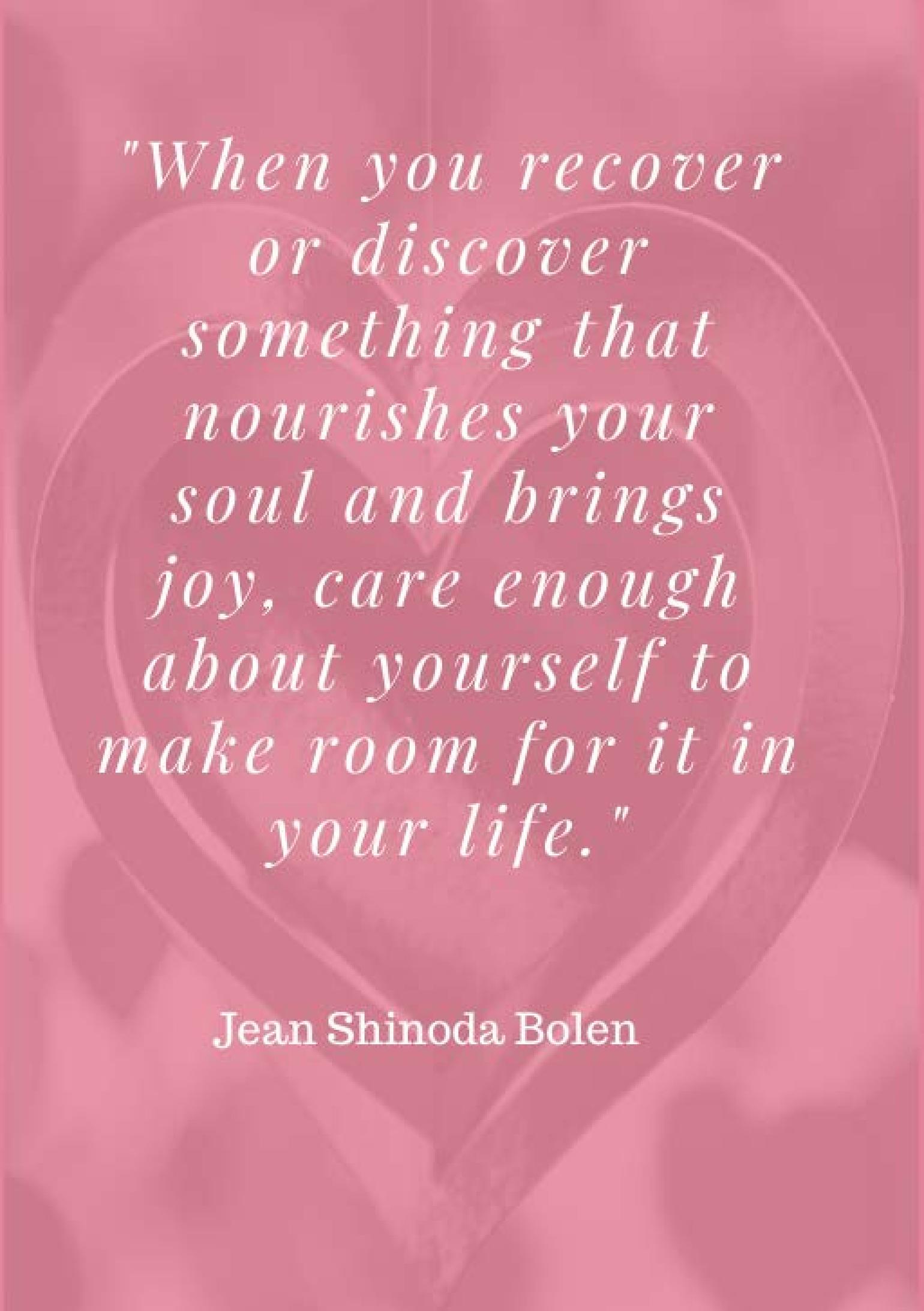


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FINAL JOURNAL REFLECTION

You've made it to the end of the challenge! You should be so proud of yourself, whether you've shared your journey throughout, or kept it to yourself. It takes courage to allow yourself to be vulnerable and write what's on your heart. Use this space to jot down your favorite part of the challenge, what you learned, etc.





*"When you recover
or discover
something that
nourishes your
soul and brings
joy, care enough
about yourself to
make room for it in
your life."*

Jean Shinoda Bolen